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ABSTRACT

A study investigated the relationships among dyadic apprehension and levels of loneliness, dyadic apprehension and affinity-seeking competence, and affinity-seeking competence and levels of loneliness. Subjects, 198 undergraduate students, completed the Revised University of California at Los Angeles (UCLA) Loneliness Scale, the Personal Report of Communication Apprehension Scale (PRCA) 24, and the Affinity-Seeking Instrument. Results indicated that chronically lonely, situationally lonely, and non-lonely people differ on dyadic apprehension scores. Results also indicated that dyadic apprehension is related to affinity-seeking competence, while chronically lonely subjects were found to be poorer in routine enactments than were situationally lonely and non-lonely subjects. In summary, the relationship between loneliness and dyadic apprehension was supported, reconfirming the majority of previous research. The relationship between apprehension and loneliness is strong in the research, suggesting that individuals' levels of apprehension, specifically dyadic apprehension, should always be considered when treating for loneliness. (Tables of data are included.) (NKA)

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The Assessment of the Relationships Among Loneliness, Affinity-Seeking Competence, and Communication Apprehension

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Abstract

This study investigated the relationships among dyadic apprehension and levels of loneliness, dyadic apprehension and affinity-seeking competence, and affinity-seeking competence and levels of loneliness. The Revised UCLA Loneliness Scale, the PRCA 24, and the Affinity-Seeking Instrument were administered to 198 college students. The results indicate that 1) dyadic apprehension is related to levels of loneliness, 2) dyadic apprehension is related to affinity-seeking competence, and 3) affinity-seeking competence is related to levels of loneliness.

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The Assessment of the Relationships Among Loneliness, Affinity-Seeking Competence, and Communication Apprehension

INTRODUCTION

The study of loneliness has become popular over the past few years. A major reason for the interest in loneliness is that loneliness has been identified as an increasingly common problem, which may result from communication problems. Up to 15% of the population has been estimated to suffer from loneliness (Rubinstein & Shaver, 1980). Because loneliness is a negative experience, it is important to discover what contributes or is related to an individuals' feelings of loneliness. Previous research has demonstrated a significant relationship between communication apprehension (CA) and loneliness (Bell & Daly, 1985; Spitzberg, 1981; Zakahi, 1986; Zakahi & Duran, 1985). Communication apprehension may result in inhibited interpersonal interaction or even isolation from others by avoiding communication situations (McCroskey, 1977; 1981). Thus, if one's fear or anxiety about communication relate to feelings of loneliness, one's friendship seeking behaviors, otherwise known as affinity-seeking competence, may also contribute to loneliness. Therefore, the purpose of this study is to assess the relationships among CA and loneliness, CA and affinity-seeking competence, and loneliness and affinity-seeking competence.

Communication Apprehension

McCroskey (1977) defines CA as "an individual's level of fear or anxiety associated with either real or anticipated communication with another person or persons" (p. 78). McCroskey's conceptualization is important to this investigation because it references the internally experienced fear or anxiety that may inhibit individuals' communication behaviors such as friendship development and affinity-seeking behaviors. One CA generalized context concerns dyads and is most applicable to the examination of the relationship between CA and person-related variables which affect human interaction.

CA is demonstrated to have both internal and external manifestations (McCroskey, 1981; 1984). The internal impact is discomfort. Externally CA results in communication disruption, avoidance, or withdrawal. Communication disruption may include disfluencies or unnatural nonverbal behaviors and may result from inadequate communication skills in addition to high CA. An unusual, but possible response, is excessive communication. The person who reponds in this manner tries to succeed in spite of his or her fear and may be perceived by others as having poor communication skills and low CA (McCroskey, 1981; 1984). These feelings and responses of a person high in CA have important implications when examining other variables related to interpersonal communication, such as loneliness and/or affinity-seeking.

Loneliness

Loneliness "is the unpleasant experience that occurs when a person's network of social relations is deficient in some important way, either quantitatively or qualitatively" (Perlman & Peplau, 1981, p. 31). In other words, loneliness is a subjective discrepancy between desired and achieved levels of social relations. Loneliness includes the subjectivity of the experience, unpleasant feelings and distress, and perceptions of deficiencies in one's social relations (Perlman & Peplau, 1981; Weiss, 1973).

Loneliness can be viewed from an attributional perspective, drawing attention to an individual's desired level of contact and causal attributions that affect the subjective experience of a situation. Situationally lonely people, individuals who are suffering from loneliness for a relatively short time, generally attribute their loneliness to external factors over which they have no control. While they perceive no control over these constraints, they also realize they are temporary. Chronically lonely people, individuals who suffer from loneliness throughout most of their life, attribute their loneliness to internal factors that they consider to be stable and unchangeable (Perlman & Peplau, 1981; Weiss, 1973). Unless an individual actively tries to alleviate loneliness by redirecting energies, apathetic and unresponsive behavior may ensue. Thus, the chronically lonely person would likely withdraw more completely than the situationally lonely person. One would expect the situationally lonely individual to be more responsive in general and less apathetic overall.

An individual who is not satisfied with his or her level of social interaction, and is communicatively apprehensive, may inhibit actions and compound the problem. Since individuals high in CA tend to withdraw from communication situations, they have a more difficult time establishing needed social contacts necessary to eliminate loneliness (Zakahi & Duran, 1982).

Zakahi and Duran's (1982) investigation of CA and loneliness found no significant relationship between the two. In a follow up study (1985), a significant relationship between CA and loneliness was found in only the dyadic context. Bell and Daly (1985) found a significant relationship between CA and loneliness. Zakahi (1986), in addition to finding a significant relationship between CA and loneliness, found higher levels of CA for chronically lonely individuals. In 1981, Spitzberg's hypothesis that chronically lonely individuals would experience more CA than situationally lonely individuals was supported.

This effect on behavior becomes evident when considering a socio-communicative skills approach for treatment of the lonely and/or the communicatively apprehensive individual (Bell & Daly, 1985; Jones, Hobbs, & Hockenbury, 1982). This approach suggests that lonely individuals lack the skills to develop and maintain

relationships. The association between loneliness and interactional skills suggests that the deficiency in social skills shares a causal relationship with chronic loneliness. Individuals experience loneliness as a result of their inability to effectively interact with others (Bell & Daly, 1985).

Of particular importance to this investigation is the influence CA can have on communication behaviors. Communication apprehension has been found to be related to feelings of loneliness, and while CA crosses contexts, loneliness is particularly accute in the interpersonal context. A set of behaviors important to the interpersonal context are those designed to elicit liking from others. These behaviors are encompassed within the construct of affinity-seeking as proposed by Bell and Daly (1984). All people engage in some sort of affinity-seeking behaviors stemming from the basic human need for companionship and friendship. As stated above, previous research has detected a significant relationship between CA and loneliness (Bell & Daly, 1985; Spitzberg, 1981; Zakahi, 1986; Zakahi & Duran, 1985), and CA may also effect people's choices in affinity-seeking behaviors (Bell & Daly, 1984). Thus, an individual's ability to generate affinity may also influence their level of loneliness.

Affinity-Seeking

In general, people use behavioral strategies to elicit liking from others. Affinity-seeking is defined by Bell and Daly (1984) as "the active social communicative process by which individuals attempt to get others to like and to feel positive toward them" (p. 91). Affinity-seeking is a communication function because the way one influences another's level of attraction toward him or herself is through the use of verbal and nonverbal messages. Individuals consciously manipulate their communication behaviors to positively influence the level of liking and attraction others feel toward them. Usually, individuals attempt to influence those who they like and feel positively toward.

Research on affinity-seeking has taken several approaches. One view emphasizes the stable characteristics that affect a person's likability, such as physical attractiveness, physical proximity, and attitudinal similarity (Berscheid & Walster, 1978; Duck, 1977). The other view emphasizes the social requirements and skills that are linked with the generation of affinity (Argyle, 1967; Davis, 1973; Cook, 1977). This conceptualization of affinity-seeking is different from previous views on how people generate liking. The perspective takes an active position on how individuals generate liking from others through the examination of their use of specific verbal and nonverbal behavioral strategies (Bell & Daly, 1984). Affinity-seeking is viewed as a strategic activity where individuals are able to elicit liking from others through the manipulation of their social behaviors. Furthermore, these

affinity-seeking strategies are assumed to be available to individuals at any point in time.

A model of the affinity-seeking process developed by Bell and Daly (1984) aids in the understanding of the choice-making process that people go through when seeking affinity. The components of the model include antecedent factors, constraints, strategic activities, and target responses. This model includes the aspects of attractiveness, proximity, similarity, and social skills that have been the focus of previous research. The model considers these variables important when examined together and not separately. The fact that this model focuses on different variables emphasizes the importance of the active process of affinity-seeking. Bell and Daly's (1984) affinity-seeking model attempts to include a wider range of the possible influences related to the generation of liking.

This affinity-seeking construct (Bell & Daly, 1984) concentrates on the behavioral strategies employed by individuals, thereby discarding a trait orientation because individuals are able to manipulate their behavior (at least to some degree) and the strategies should be available to any person at any point in time. Thus, the construct centers on how individuals feel about us as a result of the strategic use of our own communication behaviors.

Bell and Daly's (1984) investigation of the affinity-seeking construct is significant because it detected individual and situational influences on affinity-seeking strategy selection along with the explication of the dimensions of the construct. Bell, Tremblay, and Buerkel-Rothfuss (1987) developed and validated a self-report instrument for assessing affinity-seeking skills. The Affinity-Seeking Instrument (ASI) contained two dimensions, routine enactments and strategic performances, that were correlated with various single items measuring personal and social functioning. The routine enactment dimension had a significant negative relationship to shyness and loneliness, and the strategic performances dimension had a significant negative correlation to shyness. Results indicated that individuals reporting competence in routine enactments believed that they were not communicatively apprehensive, shy, or lonely. Individuals reporting competence in strategic performances tended to perceive themselves as nonapprehensive in interpersonal and meeting situations, not shy, interaction involved, and other-directed.

These initial investigations provide insight to the relationship of affinity-seeking to CA and loneliness, however, they only touch on these relationships and no direct assessment of the levels of the variables' relationships to affinity-seeking competence was made. The affinity-seeking construct is fairly new and encompasses a large set of communicative behavioral tactics. Communication apprehension can impact upon loneliness, and the ability to generate affinity

is related to loneliness, as demonstrated by initial research. Further assessments should be made concerning the relationship of CA and affinity-seeking competence to loneliness, as well as their relationship to each other. This investigation will focus on the relationships between these three constructs.

Research Questions and Hypothesis

Because of the variables influencing levels of loneliness, one would expect different attributional patterns from chronically lonely, situationally lonely, and nonlonely individuals. Previous research that does not differentiate levels of loneliness may not accurately reflect the relationship between the levles of loneliness and the factors that influence those levels. Previous research has detected a relationship between CA and loneliness (Bell & Daly, 1985; Spitzberg, 1981; Zakahi, 1986; Zakahi & Duran, 1985), but not all researchers have addressed CA's relationship to the levels of loneliness.

Generally, researchers have come to the conclusion that lonely individuals have higher levels of apprehension than those who are not lonely. Furthermore, chronically lonely individuals were found to have the highest levels of apprehension. The dyadic apprehension dimension of the PRCA 24 has been found to be most relevant for the prediction of loneliness (Zakahi & Duran, 1985; Zakahi, 1986).

H_1: Chronically, situationally, and nonlonely people will significantly differ on dyadic apprehension.

Since apprehension can act as an obstacle to social interaction and influence loneliness, the next question is how does CA influence one's ability to seek affinity? In this case, the ability to successfully employ affinity-seeking strategies is referred to as affinity-seeking competence and the following question was posed.

RQ_1: Is dyadic apprehension related to an individual's affinity-seeking competence?

Just as dyadic apprehension may relate to an individual's affinity-seeking competence, an individual's affinity-seeking abilities may also relate to their loneliness. The examination of the relationship between affinity-seeking and loneliness has been only briefly explored and needs further attention with specific regard to levels of loneliness. Affinity-seeking competence may relate to individuals' levels of loneliness. For example, the inability to generate affinity in many interpersonal situations may relate to chronic levels of loneliness, resulting in self focusing or apathetic behaviors. Therefore the following question was tested.

RQ_2: Will chronically, situationally, and nonlonely people differ on affinity-seeking competence?

METHOD

Participants

Participants were undergraduate students at a midsized Eastern University and totalled 199. Participation was voluntary and all data were collected during regularly scheduled classes. One subject was eliminated because this individual did not respond to the the questionnaire on CA, leaving total participation at 198. All subjects were debriefed following data collection.

Operational Definitions

Loneliness was measured with two versions of the Revised UCLA Loneliness Scale (Russell, Peplau, & Cutrona, 1980). The scale consists of items which are measured on a four point scale. One Scale assessed individual's feelings about their loneliness as it related to the past two weeks of their life, and the other scale assessed individuals feelings about their loneliness in relation to their whole lives. Results of these measures differentiated the situationally, chronically, and nonlonely individuals from one another depending on how they scored on the two scales in relation to the other participants. Those scoring above the median on both scales were classified as chronic (n= 72). Those scoring above the median on the situational loneliness scale and below the median on the chronic loneliness scale were classified as situational (n= 18). Those scoring on or below the median on both scales were classified as nonlonely (n= 83). Those scoring above the median on the chronic scale and below the median on the situational scale were excluded from the analysis (n= 25). The alpha reliabilities for both versions of the scale in this investigation were .89.

Communication apprehension was measured through the use of a five point Likert response format of the dyadic apprehension dimension of the PRCA 24. The interpersonal generalized-context is the most relevant context when considering affinity-seeking and loneliness and was tapped by utilizing the six items from the dyadic apprehension dimension of the PRCA 24. Those scoring above the median (Med= 13) on dyadic apprehension were classified as high apprehensives (n= 77). Those scoring on or below the median were classified as low apprehensives (n= 96). The alpha reliability for this investigation was .82.

Affinity-seeking competence was measured through the Affinity-Seeking Instrument (ASI) developed by Bell, Tremblay, and Buerkel-Rothfuss (1987). This instrument was designed to measure the manipulations of social behaviors to generate positive evaluations from others, such as liking, admiration, and approval. The Affinity-Seeking Instrument consisted of 13 items derived from two dimensions that are scored on a 7-point Likert scale ranging from very strongly agree to very strongly disagree. The first dimension, routine enactments (RE), was

composed of eight items that reference habitual social routines requiring little or no premeditation. The second dimension, strategic performances (SP), was composed of five items which pertain to premeditated performances designed to elicit positive evaluations from others. Alpha reliabilities for RE and SP for this investigation were .77 and .76, respectively.

Statistical Analysis

Hypothesis one was tested in an analysis of variance. Loneliness served as the independent variable and dyadic apprehension served as the dependent variable. Loneliness was divided into three levels: chronic, situational, and nonlonely. Dyadic apprehension was divided into high and low groups using a median split.

Research question one was tested with Pearson Product Moment Correlations between dyadic apprehension and the two dimensions of affinity-seeking.

Research question two was tested with two analyses of variance. Loneliness served as the independent variable using the same categories delineated for hypothesis one, and each of the dimensions of affinity-seeking competence served as the dependent variable.

RESULTS

Hypothesis one was supported. Dyadic apprehension significantly differentiated an individual's level of loneliness ($F= 15.99$, $df= 2/170$, $p< .001$, $R^2= .16$). The results indicated that the means for chronic loneliness were significantly different from those means for situational loneliness and nonloneliness as differentiated by dyadic apprehension scores ($p< .05$). The situationally lonely and nonlonely groups were not significantly different from one another (See Table 1). The Scheffe multiple comparison test for comparing means showed signficant differences between the means of chronic loneliness and both situational and nonloneliness ($p< .05$). There were no significant differences between the means of the situationally lonely and nonlonely groups.

The results for research question one indicated that dyadic apprehension is related to affinity-seeking competence. The correlations between dyadic apprehension and the two dimensions of affinity-seeking were significant ($r= -.44$, $p< .001$ for routine enactments and $r= -.15$, $p< .05$ for strategic performances). Routine enactments accounted for 19% of the variance in dyadic apprehension, and strategic performances accounted for 2% of the variance in dyadic apprehension. Thus, dyadic apprehension is negatively related to both dimensions of affinity-seeking competence. A correlation matrix between all of variables is reported in Table 2.

The results for research question two indicated that the level of loneliness significantly differentiated scores on routine enactments ($F= 27.39$, $df= 2/170$, $p< .001$, $R^2= .24$). The level of loneliness did not significantly differentiate scores on strategic performances ($F= .73$, $df= 2/170$, $p> .05$, $R^2= .009$). The means for routine enactments and strategic performances are reported in Table 3.

DISCUSSION

The purposes and goals of this study were to assess the relationships among loneliness, affinity-seeking competence, and CA in each combination and all together. Specific goals were 1) to assess differences in dyadic apprehension across the types of loneliness (chronic, situational, and nonloneliness) and 2) to examine the relationship between dyadic apprehension and affinity-seeking competence, and of loneliness and affinity-seeking competence.

In past research, significant relationships have been detected between apprehension and loneliness, but the levels of loneliness (chronic, situational, and nonloneliness) have not received enough attention. The relationship of affinity-seeking competence and dyadic apprehension deserves attention because apprehension may be as likely to relate to friendship seeking behaviors as it is likely to relate to a lonely individual's behaviors. Furthermore, loneliness can produce behavioral withdrawal and potentially inhibit affinity-seeking behaviors. Knowledge on each of these mentioned relationships has the likelihood of providing valid information for intervention purposes.

The results for hypothesis one found that chronic, situational, and nonlonely people differ on dyadic apprehension scores. Such a finding supports the majority of the previous research (Bell & Daly, 1985; Spitzberg, 1981; Zakahi, 1986; Zakahi & Duran, 1985), which detected a relationship between apprehension and loneliness. However, this investigation isolated dyadic apprehension as the key variable and results also confirmed those of Spitzberg (1981). Like Spitzberg, this study found that chronically lonely individuals scored higher on dyadic apprehension, but situationally lonely and nonlonely scores did not significantly differ from one another. These results can both be explained using the tenants of attribution theory (Perlman & Peplau, 1981; Spitzberg, 1981).

Attribution theory states that chronically lonely individuals attribute their loneliness to stable internal factors, such as physical unattractiveness or inadequate interaction skills. Thus, chronic loneliness may be a consequence of dyadic apprehension. Chronically lonely individuals probably attribute their apprehension as a stable pattern of withdrawal which they cannot overcome. Situationally lonely individuals attribute their loneliness to external

factors over which they have no control and are less likely to diminish their affiliative tendencies because they do not see themselves as the cause of their loneliness. In addition, situationally lonely individuals do not necessarily have fewer contacts, and thus, do not experience as much dyadic apprehension. These individuals do not fear communication as much as chronically lonely individuals because, when experiencing loneliness, they do not feel that their internal attributes have caused their own loneliness and it does not interfere with their communication efforts. Situationally lonely and nonlonely individuals are more similar in their views of loneliness than are chronically lonely individuals. Therefore, it is logical that situationally lonely and nonlonely individuals have similar levels of dyadic apprehension.

Analysis of research question one showed a relationship between dyadic apprehension and affinity-seeking competence. If individuals are more fearful of communicating, they should have difficulty in establishing and maintaining relationships because the apprehension directly affects their relationships.

The dimensions of affinity-seeking competence, routine enactments and strategic performances, were significantly and negatively related to dyadic apprehension. However; more important is how dyadic apprehension affects routine enactments or everyday social behaviors. Individuals who are apprehensive about communicating are likely to have fewer and less in-depth relationships. Individuals who do not perform common social behaviors because of their apprehension will find it difficult to develop and maintain friendships. Although, these individuals may not even want to develop or maintain relationships.

Results indicate that routine enactments are more important than strategic performances when developing and maintaining friendships. Usually a person must develop and maintain friendships using routine enactments first before s/he can plan any strategic performances. Because routine enactments are more important when developing and maintaining friendships, they would be more detrimentally affected by dyadic apprehension.

Research question two tested differences in levels of loneliness and affinity-seeking competence. The results indicate that levels of loneliness differentiated scores on routine enactments, but not on strategic performances. Chronically lonely individuals were found to be poorer in routine enactments than situationally and nonlonely individuals. This result is supportive of the socio-communicative skills approach (Bell & Daly, 1985) to loneliness. Again, this approach states that chronically lonely individuals lack the everyday needed interaction skills. Routine enactments measures regular social behaviors, which occur more often than strategic performance behaviors. Strategic performances concern premeditated behaviors that are

expected to be evaluated positively by the target individual (Bell, Tremblay, & Buerkel-Rothfuss, 1987). Thus, because no differences were found, strategic performances may not be as important when individuals are trying to generate affinity. Strategic performances may be more important during the affinity maintenance process because individuals have more occasion to plan specific behavioral strategies designed to generate or maintain liking from others.

Attribution theory also supports these findings. Chronically lonely individuals view themselves as unable to control their situation and may not try to seek friendships to help alleviate their loneliness. Situationally lonely individuals and nonlonely individuals did score significantly different on affinity-seeking competence, but the difference was not as large as the difference in scores between situationally and chronically lonely individuals. Situational loneliness may slightly hinder affinity-seeking competence, but not to the degree that chronic loneliness hinders affinity-seeking competence. Therefore, because situationally lonely persons attribute their loneliness to external factors, they may have more motivation to try and control their situation to alleviate their loneliness. Thus, self-directed attributions can be directly affecting affinity-seeking behaviors because chronically lonely persons are inhibited by negative personal thoughts and do not seek to establish relations with others, and are thus, then poorer in routine enactment behaviors.

No investigation is without its limitations and for this study several are important to note. The limited number of participants (198) resulted in only 18 situationally lonely individuals. Because this group was so small as compared to the other groups, the true effects of the responses may not have been as strong. Few differences were found between the situationally and nonlonely groups. Differences may have been found with the inclusion of more situationally lonely individuals.

The operationalization of chronic and situational loneliness was possibly detrimental to the responses. Two versions of the same scale were administered at the same time, and the participants had to reference the two scales differently when responding to the statements. Students tend to tire when filling out lengthy surveys, and having two identical scales can tempt the participants to fill out both scales identically. It may be preferable to use a panel design to differentiate chronic, situational, and nonloneliness.

Conclusion

In summary, the relationship between loneliness and dyadic apprehension was supported, reconfirming the majority of previous research (Bell & Daly, 1985; Spitzberg, 1981; Zakahi, 1986; Zakahi & Duran, 1985). The relationship between

apprehension and loneliness is strong in the research, suggesting that individuals' levels of apprehension, specifically dyadic apprehension, should always be considered when treating for loneliness. Thus far, a sizable amount of knowledge has accumulated about loneliness, which should be furthered and directed towards treatment because loneliness has become such a widespread problem affecting many young individuals. In accordance, chronic loneliness was found to negatively effect individuals' performances of everyday social behaviors that influence target individuals' levels of liking. And finally, a relationship was detected between affinity-seeking competence and dyadic apprehension, confirming the previous assessment by Bell, Tremblay, & Buerkel-Rothfuss (1987).

The affinity-seeking model (Bell & Daly, 1984) is certainly detailed about the factors which may influence the affinity-seeking process. Logically, apprehension effects the ability to make friends, and these results provide stronger support that chronic loneliness directly affects one's ability to make friends. Loneliness and affinity-seeking, as well as apprehension and affinity-seeking, should not be ignored. The next step should be to find out exactly what factor or factors are affecting routine enactments, such as self-focus, apathy, inadequate interaction skills, or perceptions of inadequacies in different ways. More attention should be devoted toward increasing the knowledge on the affinity-seeking process, including the reassessment of it's relationship to apprehension and loneliness.

Future research should include the reassessment of chronicity of loneliness and dyadic apprehension and the relationship between dyadic apprehension and affinity-seeking competence. In addition, loneliness' relationship to affinity-seeking competence should be reassessed, but with a larger sample of situationally lonely individuals. The assessment of biological gender may prove interesting under these topics. Zakahi (1986) found apprehensive males scored significantly higher on loneliness. One gender may be consistently less lonely and higher in affinity-seeking competence, or one gender may be less lonely and still lower in affinity-seeking competence. The assessment of affinity-seeking competence in conjunction with the type of relationships between people may help explain differences in affinity-seeking abilities. As stated previously, more investigations should be directed toward increasing knowledge on the affinity-seeking process, including the assessment of affinity-seeking competence through the relationship development and disengagement processes.

Table 1. Means of Dyadic Apprehension Score by Type of Loneliness.

Loneliness Type	n	Mean Dyadic Apprehension Score
Chronic	72	15.417a
Situational	18	12.833b
Nonlonely	83	12.036b

Means with the same letter are not significantly different.

Table 2. Correlation Matrix for Dyadic Apprehension, Situational Loneliness, Chronic Loneliness, Routine Enactments, and Strategic Performances.

	1	2	3	4	5
1. Dyadic Apprehension	1.00	.27**	.31**	-.44**	-.15*
2. Situational Loneliness		1.00	.64**	-.50**	-.16*
3. Chronic Loneliness			1.00	-.48**	-.002
4. Routine Enactments				1.00	.39**
5. Strategic Performances					1.00

* = $p < .05$

** = $p < .01$

n = 198

Table 3. Means of Routine Enactments (RE) and Strategic Performances (SP) Scores by Type of Loneliness.

Loneliness Type	n	Mean RE Score	Mean SP Score
Chronic	72	37.542.	20.819.
Situational	18	41.222.	22.111.
Nonlonely	83	43.952.	21.711.

Means with the same letter are not significantly different.

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